

St. Michael's Middle School
April Fitness Challenge
Race to Busch Gardens

Welcome to the St. Michael's April Fitness Challenge! This is a fun, non-competitive, month-long event for the whole family! In an effort to promote outside activity, we are encouraging each student and family member to get outside and try to log as many steps as possible with the goal of walking, running, or biking to Busch Gardens by the end of the month! We have noted a few details below but it is purely for fun and not meant to add stress to anyone's plate.

- Students, faculty, and family members can use the attached mileage log to keep track of their progress or make up their own.
- If students do not have their own pedometers or distance measuring devices, they are welcome to use the data off of their parents' phones or pedometers assuming they are together during the activity.
- Each Friday that a student reaches one of the milestone "clubs," he or she should email Mr. Kern or Mrs. Martin and their name will be added to that location's club list. (Only St. Michael's students and families will have access to this list.)
 - wkern@stmschool.net
 - kmartin@stmschool.net
- Students have the choice of either biking or walking/running the course. Names at each club will be broken up into the two categories.
- Students should always be in a safe, supervised environment when exercising.
- For general calculation purposes, there are 2,000 pedometer steps to a mile.

St. Michael's



VCU Squad
10 Miles



Flight Club
24 Miles



Toana Team
53 Miles

UR
University of
Richmond Rowdies
6 Miles



Talleysville
Townies
35 Miles



Colonial
Downs
Group
40 Miles



Williamsburg
Tribe
63 Miles

Busch
Gardens
Gaggle
70 Miles

